

# PERFECT • PUSHUP™

www.perfectpushup.com

## Get Ripped Workouts

GOALS: Core Strength Training | Build & Tone Upper Body

Welcome to the Perfect Pushup. These exercises will improve your strength, endurance, and overall appearance of the front of your core and upper body. Tailored to the needs of fitness enthusiasts of all ages and fitness challenging workout styles, the Perfect Pushup is

### Regular Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be a little wider than your shoulders.



MID



DOWN

Position

Shoulder should be over the hand position. Head should be over the feet position. Feet should be a little wider than your shoulders.



UP

### Wide Position



UP

Position

Hands are far apart and the feet are shoulder width apart. Body alignment is more like a regular pushup. Feet should be a little wider than your shoulders.



DOWN



UP

Position

Hands should be close and under the shoulders. Body alignment is more like a regular pushup. Feet should be a little wider than your shoulders.



DOWN

## Modified Workouts

These modified workouts are not intended to be completed in 2 minutes per set.

Use these modified workouts as an alternative to the regular pushup.

If you are unable to complete the regular pushup, you can use these modified workouts.

### Knee Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be a little wider than your shoulders.



DOWN



UP

Position

Hands should be close and under the shoulders. Body alignment is more like a regular pushup. Feet should be a little wider than your shoulders.



DOWN

### Chair Position

#### Checklist

Hand	Should be a little wider than your feet.
Feet	Should be shoulder width apart.
Arms	Should be straight and under the shoulders.
Core	Should be tight and engaged.
Body	Should be a straight line from head to heels.
Head	Should be over the feet.
Neck	Should be in line with the spine.
Shoulders	Should be over the hands.
Elbows	Should be under the shoulders.
Hips	Should be over the feet.
Heels	Should be on the ground.

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	25, 10, 5	25, 10, 5	25, 10, 5
0:15	20, 10, 5	20, 10, 5	20, 10, 5
0:30	15, 10, 5	15, 10, 5	15, 10, 5
0:45	10, 10, 5	10, 10, 5	10, 10, 5
1:00	5, 10, 5	5, 10, 5	5, 10, 5
1:15	5, 10, 5	5, 10, 5	5, 10, 5
1:30	5, 10, 5	5, 10, 5	5, 10, 5
1:45	5, 10, 5	5, 10, 5	5, 10, 5
2:00	5, 10, 5	5, 10, 5	5, 10, 5

#### Schedule

Day	1st Session	2nd Session	3rd Session
Monday	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
Tuesday	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
Wednesday	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
Thursday	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
Friday	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
Saturday	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
Sunday	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close

#### Customize

These workouts are not intended to be completed in 2 minutes per set. Use these modified workouts as an alternative to the regular pushup. If you are unable to complete the regular pushup, you can use these modified workouts.

# Perfect Pushup Workout Chart Pdf

**Jicheng Xie**



**Perfect Pushup Workout Chart Pdf:**

## Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Perfect Pushup Workout Chart Pdf**

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